

## Pilates-based Mat Class (8 Classes)

AGE: 18-over

FEE: \$73 Residents, \$87 Non-residents

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Joann Lindsey

This focuses on the mind to exercise the body. We will address alignment, injury prevention, stretching and strengthening. Each of the 25-30 exercises will have a prescribed placement, rhythm and breathing pattern that emphasizes strengthening the "core", the deep abdominal and back muscles. Movements originate from the core outward making these unique and beneficial workout for overall body toning and strengthening. Please bring floor mat and towel and water bottle. Suited for most ages and ability levels.(No class 11/11)

2216.301 M 6:00-7:00pm 10/21 - 12/16

## Jazzercise

AGE: All Ages!

FEE: \$65 for six weeks, EZ Fitness Ticket \$36 per month Other tickets also available.

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Tami McCann

A fun way to exercise for all ages and fitness levels. Every class features energetic dance routines with choreography to build a better body. Jazzercise makes exercise FUN! A great way to make friends. You may start anytime! REGISTRATIONS ARE TAKEN AT CLASS!\*\*\*ONGOING.

Monday and Wednesday, 9:00-10:00am,

Fridays 8:30-9:30am.

## F-I-R-M Body Reshaping (1 Class)

AGE: 16-over

FEE: \$150 Residents, \$165 Non-residents

LOCATION: Private studio

INSTRUCTOR: Shari Gower

"F-I-R-M" Body Reshaping - Get better results in less time! Learn the ABC's of fitness training to re-shape your body. This private, individual strength training guidance class focuses on F-form, I-isolation, R-resistance and M-matching resistance to build muscle density. These are the keys to sculpting your body. Individual guidance on your amount of cardio activity and caloric intake will be included in the training. Limited to two people per class.

2245.301	Sat	1-3:30pm	August 24
2245.302	Sat	1-3:30pm	October 12
2245.303	Sat	1-3:30pm	November 9
2245.304	Sat	1-3:30pm	December 7



## Beginning & Intermediate Tai Chi Chuan (8 Classes)

AGE: 18-over

FEE: \$66 Residents, \$81 Non-residents

LOCATION: Barrett Community Center, Multi-Use

INSTRUCTOR: Elliotte Mao & Chi-Ping Peng

Tai Chi Chuan is an ancient oriental exercise that has reached enormous popularity due to its gentle, but powerful ways to build a healthier body, and a sharper mind. Through a sequence of graceful and thoughtfully choreographed moves, this unique Father/daughter teaching team will show you how to bring coordination, balance, stress-reduction, calmness and many other benefits to your life. Wear loose, comfortable clothing.

2233.301- Beg. Th 7:00-7:45pm 9/12 - 10/31

2233.302-Inter. Th 7:45 - 8:30pm 9/12 - 10/31

## Beginner Cardio Kickboxing Aerobics (5 Classes)

AGE: 18-over

FEE: \$60 Residents, \$76 Non-residents

LOCATION: United Studios of Self Defense,

2043 Ralston Ave., Belmont, (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

Get in shape, increase flexibility, and learn some fundamentals in kicking and punching. This course is recommended for people new to fitness. Please wear comfortable clothing.

2259.301 M 9-9:45am 9/9 - 10/7

2259.302 M 9-9:45am 10/14 - 11/11

2259.303 M 9-9:45am 11/18 - 12/16

2259.304 W 9-9:45am 9/11 - 10/9

2259.305 W 9-9:45am 10/16 - 11/13

2259.306 W 9-9:45am 11/20 - 12/18

## Intermediate Cardio Kickboxing Aerobics (5 Classes)

If you're already in shape, and want to learn some basic fundamentals in kicking and punching, this is for you. Also for the athlete who needs a strong workout while learning self defense. Please wear comfortable clothing.

2259.307 M 10-10:45am 9/9 - 10/7

2259.308 M 10-10:45am 10/14 - 11/11

2259.309 M 10-10:45am 11/18 - 12/16

2259.310 M 8:15-9:00pm 9/9 - 10/7

2259.311 M 8:15-9:00pm 10/14 - 11/11

2259.312 M 8:15-9:00pm 11/18 - 12/16

2259.313 T 8:15-9:00pm 9/10 - 10/8

2259.314 T 8:15-9:00pm 10/15 - 11/12

2259.315 T 8:15-9:00pm 11/19 - 12/17

2259.316 W 10-10:45am 9/11 - 10/9

2259.317 W 10-10:45am 10/16 - 11/13

2259.318 W 10-10:45am 11/20 - 12/18